

## Diabetes, No 3 (79) August, 2013 Lithuanian Diabetes Association



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**The general sponsor of this item** — The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

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### Strong Patients' voice stimulate better health control

Patient— is a person, who suffer from diseases, illnesses or other disabilities. Nowadays, countries are being encouraged to expand health system which is orientated to the patients in the centre. Patients' voices have to be sounded all over the World. That is why patients and other organizations take very important place. For instance: EUPATI project, which is coordinated by European Patient's Forum. EUROPATI means European Patients' Academy on Therapeutic Innovation. This new project will be continued for the next 5 years. EUPATI is a project, providing tools and knowledge for their meaningful involvement in pharmaceutical innovation, safety of medicines and access to treatments. It will inform the lay and hard to reach patient community, raising public awareness of the development of new treatments. In Lithuania there is LPOAT— Council of Representatives of Patients' Organizations' of Lithuania. LPOAT mission shows the meaning of this organization: general strong patients' voice due to better health security and care. There are 30 members yet in this organization, which gather together and have done a big work in order to make patients life easier.

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### From syringe to tablets

This is an article with up-to-date news in diabetes treating process. Insulin injections make many troubles, but it seems to be not so long. Hospital of Lithuanian University of Health Sciences Kauno Klinikos together with a programme of Switzerland ("Genetic diabetes in Lithuania") explore child and adults till 25 years old. After these trials and according the results the best doctors of Lithuania will be discussing about treating with tablets.

More information: [www.cdgeras.lt](http://www.cdgeras.lt)

### Letter

There is a letter of LDA president Mrs. Vida Augustinienė there she shares her thoughts about daily life with philosophical sight. Heraclitus is said: "No man ever steps in the same river twice". Stability is value and worth. For people with diabetes permanence become one of the most important parts. At days and nights, without holidays, no matter what season is, we are keeping vigil at the shore of our lives.

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Innovation! Patients' will get information, how much money their treatment cost

From the 1<sup>st</sup> of August, all patients get an opportunity to get information about their treatment costs. These facts will be given from the National Health Insurance Fund. There is a unique innovation. Will be two ways to get records— the first one is to send a request, the second—see on the internet.

On the right you can see a scheme which explains the way how to find information about treating services.

More information: [www.epaslaugos.lt](http://www.epaslaugos.lt)

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#### Educational seminar for people with diabetes

On the 19<sup>th</sup> of June, educational seminar took place in Šilalė. Event was organized by Šilalė diabetes club "Diabetas" together with LDA. The president of LDA Mrs. Vida Augustinienė participated in this event and talked about diabetes, its' treatment, the patient role in treatment process. Many guests arrived to Šilalė and gave necessary suggestion to participants. The day quickly passed. In the afternoon the president of LDA Mrs. Vida Augustinienė met with the mayor of Šilalė Mr. J.Gudauskas and discussed current problems and future plans.

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#### Never too late to study

Three diabetes clubs: Šiauliai "Lemtis", Pakruojis "Vita" and Mažeikiai region "Žemaičių spēka" gathered together in the educational seminar. The president of LDA Mrs. Vida Augustinienė shared her thoughts about diabetes, gave essential advice, talked about other countries health care system, and diabetes control.

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#### LDA diabetes educational camp in Pervalka

On the 10<sup>th</sup> -16<sup>th</sup> of June, LDA organized diabetes educational camp took place in Pervalka. This camp has been organized for adults and children, affected by type 1 diabetes. Chairperson of the camp was nurse diabetologist Mrs. Aldona Danylienė. Dr. Vytautas Danyla and assistant Inga Jokubauskaitė, helped her. In this camp participated people from all over Lithuania.

Everybody carefully controlled the amount of glucose in the blood, learnt how to count carbohydrates, doing sport exercises, listened lectures and guests recommendations. Camp participants also visited famous Lithuanian places and towns. They had a lot of excitement.

To sum up, the educational camp were very useful to the participants. Professional team and destiny friends helped participants to become more self-confident.

On the 3-9<sup>th</sup> of June, LDA organized another diabetes educational camp. This camp has been organized for people affected by diabetes type 2.

Do not worry about lost dinner...

Pakruojis diabetes club "Vita" organized a conference.

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Education "The Good Control of Diabetes– the Prevention of Complications"

In May—June 2012, Lithuanian Diabetes Association organized special one day educational seminars in various diabetes clubs. There were a lot of people all over the country from different towns of Lithuania. About 663 patients with type 1 and 2 diabetes took part in these events, from 29 different Lithuania regions. Moreover there were a lot of guests: famous Lithuanian doctors, the members of Lithuania Parliament, Ministers, Mayors, The president of Lithuanian Diabetes Association Vida Augustinienė. Also those, who are interested in diabetes and want to know more about it more and expand their knowledge. Participants had an opportunity to get useful information and advice during lectures about this illness. Taken measurements of the amount of glycosylated hemoglobin in the blood were made to all the volunteers too. 223 surveys have been done. The results of the tests were:

HbA1c <6—25,6% participants;  
HbA1c > 6,1 % < 6,5 % —18,4 % participants;  
HbA1c > 6,6% < 7 % —14,8 % participants;  
HbA1c >7,1< 8 % —23,8 % participants;  
HbA1c > 8 % —15,2% participants.  
HbA1c > 10 % —2,2% participants.

Furthermore, everybody had an opportunity to purchase the books and papers about diabetes and to communicate with very respectable and interesting people. Participants get helpful information about nourishment. Lithuania Diabetes Association thanks a lot for everybody who shared actual information with other.

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#### Cheaper medicaments come into effect

From the 20<sup>th</sup> of July, recoverable drugs list was extended. Eight new preparations were added: Sorafenibum, Brimonido tartratas, Lercanidipinum, Atorvastatinum, Olanzapinum, Oxacarbazepinum, Fluconazolium, Azithromycin Sandoz, Berotec 200.

Prepared according to: *www.vlk.lt*

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#### Chronicle of Lithuanian Diabetes Association

- On the 20<sup>th</sup> of May, 2013, chairwoman of LPOAT Mrs. Vida Augustinienė participated at the International annual patients' organization general assembly. Event took place in Geneva, Switzerland.
- On the 22-24<sup>th</sup> of May. EPF annual general assembly took place in Dublin, Ireland. EPF commemorated 10<sup>th</sup> years anniversary with conference "Effective Health Care Requires Good Nutritional Care". Irish organized round table discussion. Chairwoman of LPOAT Mrs. Vida Augustinienė together with the president of "Gyvastis" Mrs. U.Šakūnienė and youth representative Mr. S.Stončius participated in these events. Mrs. Vida Augustinienė was elected for the European Patient Forum board member for the third time.
- On the 29<sup>th</sup> of May. LDA together with Anykščiai diabetes club "Ateitis" organized educational seminar called "The Good Control of Diabetes— the Prevention of Complications". The general sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On the 31<sup>st</sup> of May. LDA together with Vilnius Antakalnis clinic diabetes club "Beta" organized educational seminar called "The Good Control of Diabetes— the Prevention of Complications". The general sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

- On the 3-9<sup>th</sup> of June, 10-16<sup>th</sup> of June. LDA diabetes educational camp took place in Pervalka. This camp has been organized for people, affected by type 1 and 2 diabetes. Chairperson of the camp was nurse-diabetologist Mrs. Aldona Danylienė. Her husband dr. Vytautas Danyla and assistant Inga Jokubauskaitė helped in the camp. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- The 4<sup>th</sup> of June. Magazine “Veidas“ organized round table discussion “Public and private sector services sponsorship“. Chairwoman of LPOAT Mrs. Vida Augustinienė, Health Minister Mr. V.A. Andriukaitis, lecturer Mr. L.Gudžinskas, USA international Investment Bank director Mrs. R.Jurevičiūtė-Laukien, director of Šeškinė Clinic Mr. J.Kairys, the first private clinic in Lithuania director Mr. V.Samuitis and “ Veidas“ publisher, lawyer Mr. A. Šindeikis participated in this discussion.
- The 5<sup>th</sup> of June. LDA and Pakruojis diabetes club “Vita“ organized educational seminar “The Good Control of Diabetes– the Prevention of Complications“. The general sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- The 6<sup>th</sup> of June. LDA president Mrs. Vida Augustinienė visited the campers with diabetes type 2 in Pervalka.
- The 7<sup>th</sup> of June. Association “Health forum“ with LSMU professor club invited LPOAT to the round table discussion “Optimum health care accessibility in Lithuania“. Chairwoman of LPOAT Mrs. Vida Augustinienė took part in this event. Unfortunately, there was nothing similar to discussion.
- The 11<sup>th</sup> of June. European Patients’ Forum board meeting—teleconference. To the conversation was involved Mrs. Vida Augustinienė. She explained situation about health minister Mr. V.P. Andriukaitis actions in health policy and collaboration with LPOAT.
- The 12<sup>th</sup> of June. LDA and Mažeikiai diabetes club “Žemaičių spēka“ organized educational seminar “The Good Control of Diabetes– the Prevention of Complications“. The general sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- The 13<sup>th</sup> of June. LDA president Mrs. Vida Augustinienė visited the people with diabetes type 1 in educational camp in Pervalka.
- The 14<sup>th</sup> of June. Chairwoman of LPOAT Mrs. Vida Augustinienė attended Lithuanian Presidency of the Council of EU priorities to the finance sector publication event.
- The 19<sup>th</sup> of June. LDA and Šilalė diabetes club “Diabetas“ organized educational seminar “The Good Control of Diabetes– the Prevention of Complications“. The general sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- The 25<sup>th</sup> of June. Chairwoman of LPOAT Mrs. Vida Augustinienė answered to the journalist from “Žinių radijas“ questions. Conversation was about the ministers’ of Health consideration activities in the Parliament of Lithuania.
- The 26<sup>th</sup> of June. LDA board and council meeting. Financial reports were convinced. Furthermore, participants disputed about future work.
- The 1<sup>st</sup> of July. The president of LDA Mrs. Vida Augustinienė visited Kačerginė health spa for children “Žibutė“ residents: children and their parents. It is mentioned that conversation was joyful and pleasant.
- The 8<sup>th</sup> of July. LDA board meeting decided that Kaunas diabetes club “Lemtis“ has to be eliminated from LDA members list. This final and undoubted decision was made according to the LDA statute, the 4.8 item.
- The 9<sup>th</sup> of July. The president of LDA Mrs. Vida Augustinienė with secretary Mrs S.Kuznecova took part in the meeting in the Department for the Affairs of Disabled at the Ministry of Social Security and Labour. Participants discussed about information accessibility and periodicals. Newspaper “Diabetas“ get a positive assessment.
- The 16<sup>th</sup> of July. LDA president Mrs. Vida Augustinienė pronounced her own opinion about patients’ rights and harm to the “LNK“ TV broadcast.

- The 17<sup>th</sup> of July. Chairwoman of LPOAT Mrs. Vida Augustinienė talked to the journalists from “Žinių radijas“. Conversation was about compulsory health insurance fund pay changes.
- The 18<sup>th</sup> of July. The president of LDA Mrs. Vida Augustinienė with secretary Mrs S.Kuznecova took part in the meeting in the Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- The 22<sup>nd</sup> of July. The president of LDA Mrs. Vida Augustinienė visited Kačerginė health spa for children “Žibutė“ and communicated with educational camp participants.
- The 22-28<sup>th</sup> of July. I. Jokūbauskaitė participated in IDF young people educational camp in Tireninja, Italy.
- The 24<sup>th</sup> of July. Chairwoman of LPOAT Mrs. Vida Augustinienė said her own opinion about the prophylaxis health programs to “Žinių radijas“.
- The 25<sup>th</sup> of July. Chairwoman of LPOAT Mrs. V. Augustinienė met with the Assistant of the Prime Minister Mr. A. Vinkus and talked about relevant questions to patients’.
- The 27<sup>th</sup> of July. Akmenė diabetes club “Sadutė“ invited everyone to the traditional celebration, called “Be together“. The president of LDA Mrs. Vida Augustinienė and 12 other delegations took part in this event.
- The 1<sup>st</sup> of August. The president of LDA Mrs. Vida Augustinienė answered to the “DELFI“ and LRT “Panorama“ journalists questions about drugs costs and coverable drugs discharge.
- The 6<sup>th</sup> of August. LDA president Mrs. Vida Augustinienė visited the campers in the sanatorium of Kačerginė, known as “Žibutė“.

At the end of this page is given an advertisement of a new book “From A till Z“.

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#### Children diabetes: hypoglycemia after meal

This article is prepared by doctor endocrinologist Mrs. Lina Orlovskaja. There is given the basic information about children hypoglycaemia. It means, children with diabetes sometimes to get into situation when sugar concentration in their blood is low, less than 3,5 mmol/l. Usually, they become irritable, sleepy, worried. There is a short list of symptoms, known to be caused by hypoglycaemia. Moreover, author shows differences between hyperglycaemia and hypoglycaemia. Sometimes to define hypoglycaemia is difficult, but it is very important to help in these situations. There are also five main recommendations given, which will help to avoid hypoglycaemia after meal.

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#### LDA is a member of International Diabetes Federation (IDF)

The information about Lithuanian Diabetes Association is provided and the usefulness of being a member of LDA is stressed in this announcement.

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#### Foot care advice for people with diabetes

This article gives the main information about foot care, footwear, why it is important to take care of your foot. What are the consequences of being apathetic of this item.

#### Newspaper “Diabetes“

LDA reminds of subscribing newspaper “Diabetes“ for the year 2013.

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### Why is it important to accumulate reserves of vitamin D?

This is an interview with doc. Mrs. Eglė Marciuškienė. She answered questions about vitamin D, why this vitamin is necessary for human body and how to get this vitamin sufficiently.

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### Stay healthy during summer time

Summer is picnics time. Short article gives the main and basic personal hygiene rules. These rules are useful, when you decide to spend your time in nature.

### Be together

On the 27<sup>th</sup> of August Akmenė diabetes club “Sadutė” invited everyone to the traditional celebration, called “Be together”. The president of LDA Mrs. Vida Augustinienė took part in this event.

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### Jamboree in Plateliai

On the 17<sup>th</sup> of July, LASS organized a jamboree. Plungė diabetes club “Viltis” took part in this event.

### The way to the harmony

During June and July display “The way to the harmony” was opened for everyone interested. Paintress Mrs. S.Juškevičiūtė helped to create this display. She shared her thoughts about relationship with Kaunas diabetes club “Insula” members, who participated in creation process.

### Afternoon

On the 24<sup>th</sup> of May was organized an event for disabled people. Plungė diabetes club participated in this event.

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### People with diabetes meeting

The eleventh time in a row, people with diabetes gathered together in Naujoji Akmenė. Meeting was organized by diabetes club “Sadutė”. The president of LDA Mrs. Vida Augustinienė took part in this meeting.

Are all the doors closed? Sometimes just need to knock...

This article tells a sad story about mother and her child Nedas. Nedas is suffering from diabetes type 1. Nevertheless, they have found help and shelter to live on.

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### Massages is necessary for everyone

Šiauliai diabetes club “Lemtis” had an opportunity to savour the pleasures of massages. After the procedures the members of this club felt better.

## Entertainment in nature

On the 1<sup>st</sup> of July, Šiauliai diabetes club “Lemtis“ spent their time near Rėkyva lake.

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## Diabetic ketoacidosis

Diabetic ketoacidosis is a serious complication of diabetes that occurs when your body produces high levels of blood acids called ketones. Diabetic ketoacidosis develops when your body is unable to produce enough insulin. Without enough insulin, your body begins to break down fat as an alternate fuel. This process produces a build up of toxic acids in the bloodstream called ketones, eventually leading to diabetic ketoacidosis if untreated.

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There are given various prescriptions. It is delicious and healthy!

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This is information about health passport “DIABETES“. Instruction how to fill up a form is given here. Volunteers can get this passport in LDA or diabetes clubs.

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## Identify people with diabetes with bracelet

There is an advertisement of identifying bracelet for people with diabetes. Information about this purchase and the contacts of UAB “Alpera” is given here.

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The advertising materials of the sponsors of the newspaper “Diabetas” (Diabetes) are placed here.